



Cascade Connection

A Newsletter for COIGAA
February 2023

“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Tradition 2 – p. 132 Twelve Steps and Twelve Traditions

Elder Statesman vs. Bleeding Deacon

1. Looks for God in the Room
2. Talks Slow & Listens Fast
3. Embodies Humility
4. Leads by Example

1. Looks for Validation in the Room
2. Talks Fast & Listens Slow
3. Embodies Ego
4. Leads Through Intimidation



Tradition Two / 12x12, Page 135



“Came to believe that a power greater than ourselves could restore us to sanity.”

Step 2 of Alcoholics Anonymous



HOTLINE
(541) 548-0440



**Central Oregon
Intergroup Office**

337 W. Antler Ave., Ste B
Redmond, OR 97756
(541) 923-8199

coigoffice@coigaa.org

Hours:

Monday 9 am—2 pm

Tuesday 9 am—1 pm

Wednesday 9 am—1 pm

and 2—6 pm

Thursday 9 am - 2 pm

Friday 9 am—1 pm

Looking for Other Meetings?

Looking for a local Live or Virtual Meeting of Alcoholics Anonymous? Check out our website for meeting locations, dates, times, login info and passwords:

www.coigaa.org

Or download the
Meeting Guide App

<https://www.aa.org/meeting>





12th Step Volunteers Needed

If you are willing to join our 12th Step Volunteer list, PLEASE contact our Hotline Chairperson, Lauren S., at hotline@coigaa.org



Thank you to Joan, Carrie, Joy, Molly and Alice for contributing to the monthly newsletter!

Remember, this is COIGAA's newsletter, for us, by US!
Contribute to:
newsletter@coigaa.org

Thank you, to everyone who became a "Faithful Fiver"!!!

Thank you to the generous donation from Central Oregon Speaker Meeting!

Thank you to All the Homegroups stepping up to host our Monthly Potluck Speaker Meetings!



All our Intergroup positions are currently filled!!!



Need Chips?
Need AA Literature?

You can get it at the office!

New Office Hours

Central Oregon Intergroup

541 923 8199

Office Hours as of 2/1/2022

Monday	9 a.m. – 2 p.m.
Tuesday	9 a.m. – 1 p.m.
Wednesday	9 am – 1pm & 2 - 6pm.
Thursday	9 a.m. – 2 p.m.
Friday	9 a.m. – 1 p.m.

Joan is also able to bring orders to Bend if you can't make it to the office.

Contact Joan at coigoffice@coigaa.org



Principle of the Month

Group Conscious/ Servant Leadership

"What Is an Informed A.A. Group Conscience? The group conscience is the collective conscience of the group membership and thus represents substantial unanimity on an issue before definitive action is taken. This is achieved by the group members through the sharing of full information, individual points of view, and the practice of A.A. principles. To be fully informed requires a willingness to listen to minority opinions with an open mind..."

The term "informed group conscience" implies that pertinent information has been studied and all views have been heard before the group votes."

~The A.A. Group... where it all begins" pamphlet, AA World Services, pp. 28-29

"But There Are Leaders...Tradition 2 has been misquoted many times as "we have no leaders." But it clearly states that each group does have its leaders—they just have no authority over the rest of the group. Whether they be the group's representative to the area or district, or the secretary or treasurer, they have been entrusted with the responsibility to serve the group, not make decisions for it."

~Buddy T., A Very Well Mind, 2021

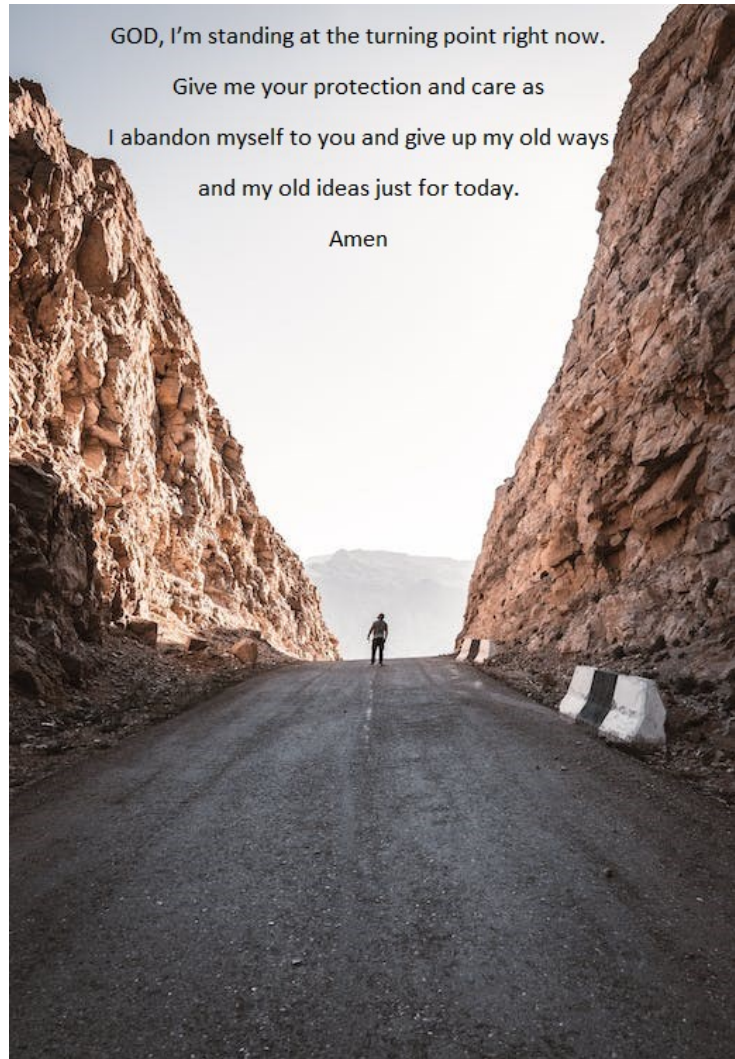
THE SPIRITUAL PRINCIPLES OF THE 12 TRADITIONS

The Twelve Traditions are often referred to as, "Why it works." They ensure the continuance of A.A. as a whole, by providing guidelines for groups to evaluate their activities and actions. In a practical vein they are, individually and collectively, humility builders for the group; they ask that the group consider its conduct from a broader perspective and, when necessary, give up something for the overall good of A.A.

The Traditions also contain spiritual principles. These principles, when applied in our lives, complement the Steps as a guide to personal recovery. Here, taken from Twelve Steps and Twelve Traditions, (with minor editorial modification) are the spiritual principles of the Traditions that I strive to apply in my daily life:

1. The A.A. member conforms to the principles of recovery; at first because he must, later because he discovers a way of life he really wants to live. (Unity)
2. When we come to understand the wisdom of the group decision and the necessity of patiently awaiting developments, the real and permanent leadership of A.A. can offer the quiet opinion, the sure knowledge and humble example that resolve a crisis, leading by example, rather than driving by mandate. (Group Conscience)
3. When confronted by the fear that is the true basis of intolerance, we need only ask, "What would the Master do?" (Membership)
4. Eventually, we must conform to whatever tested principles guarantee survival. Sobriety must be our sole objective. In all other respects there is perfect freedom of will and action. We have the right to be wrong, but we no longer have the right to harm others. (Autonomy)
5. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. (Primary Purpose)
6. We are all perfectionists who, failing perfection, have gone to the other extreme. We can not be all things to all men, nor should we try. (Non-Affiliation)
7. We, too, should be self-supporting through our own contributions. Not only is it a responsibility of sobriety, it is essential to our self-esteem. (Self-Supporting)
8. We give freely what has been given freely to us. (Non-Professional)
9. Unless each A.A. member follows to the best of his ability our suggested Twelve Steps to recovery, he almost certainly signs his death warrant. His drunkenness and dissolution are not penalties inflicted by people in authority; they result from his personal disobedience to spiritual principles. (Spirit of Service)
10. We should not back away from our individual responsibility to act as we believe upon the issues of our time, yet self-righteousness should not cause us to enforce our will on others. (Outside Issues)
11. Personal ambition has no place in A.A. There is never need to praise ourselves. (Attraction Rather Than Promotion)
12. The spiritual substance of anonymity is sacrifice. We try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have. (Principles Before Personalities)

The spiritual principles of the traditions teach us that, "we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."



GOD, I'm standing at the turning point right now.
Give me your protection and care as
I abandon myself to you and give up my old ways
and my old ideas just for today.
Amen

Step Two

Came to believe that a
Power greater than
ourselves could restore
us to sanity.

Step Two:

“Sanity’ is defined as ‘soundness of mind.’ Yet no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining-room furniture or his own moral fiber, can claim ‘soundness of mind’ for himself. Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A meeting is an assurance that God [as we understand God] will restore us to sanity if we rightly relate ourselves to Him [God].”

~*Twelve Steps and 12 Traditions, p.33*

“We need to ask ourselves but one short question. ‘Do I now believe, or am I even willing to believe, that there is a Power greater than myself?’ As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.”

~*Alcoholics Anonymous, p. 47*

Steps To Sobriety Grp Presents:

What: Speaker Meeting

When: Fridays at 5:30pm

Where: The Rebels Roost

703 N. Main St. Prineville Or.

Upcoming Speakers:

Jan 6th Christine B. From Redmond Earlyrisers

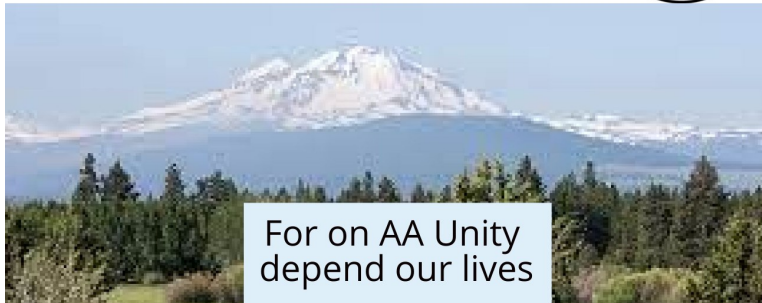
Jan 13th Dan B. From the MSM Grp

Jan 20th Doug M. From Fleeting Thoughts

Feb 3rd Carrie B. From New Horizons

Feb 10th Cody D. From Fleeting Thoughts

Feb 17th Alan S. From Primary Purpose



For on AA Unity
depend our lives

*New Horizons Group
Of Alcoholics Anonymous
Wednesdays at Noon - Speaker/Discussion Mtgs*



2/1 - Michael H. from the WFS Grp.

2/8 - Gayle T. from the Tumalo Grp.

2/15 - Vicki S. from the New Horizons Grp.

2/22 - Emily E. from the 24 and Alive Grp.

3/1 - Amanda B. from the Primary Purpose Grp.

The New Horizons Group Meets
Mon-Tues-Wed-Thurs at Noon
At The Trinity Episcopal Church
469 NW Wall St, Bend, OR 97703
Visit NewHorizonsGroupAA.com

Mondays: 11th Step Mtg
1st Monday: Tradition Study
Tuesdays: Big Book Study
Wednesdays: Spk/Discussion Mtg
Thursdays: Beginners Mtg



Download past speakers
here for free

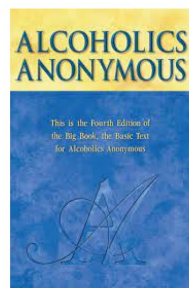
PAGE 21 GRP OF ALCOHOLICS ANONYMOUS MONDAY FEB 27TH SPEAKER MEETING

RON B.

(FROM THE NHG)



WHEN: MONDAY FEB 27TH 12:00 NOON
WHERE: 1685 SE LYNN BLVD PRINEVILLE OR.
(PRINEVILLE CHRISTIAN CHURCH)



Join us every Monday
@ 12pm for a Big Book Study
Snacks & Fellowship at 11:30
On the last Monday of each
month we have a short
Tradition study with the DCM
from District 5 followed by a
guest speaker!

Central Oregon Intergroup of Alcoholics Anonymous Presents the February 2023 Potluck and Speaker Meeting

Hosted by Attitude Adjustment

February 25th, 2023 from 6—8 pm
Trinity Episcopal Church in Brooks Hall
469 NW Wall Street, Bend, OR 97703
Speakers at 7 pm—AA and Al Anon
Walt W. and Bonnie D.

Open Meeting/All Are Welcome!
Please Bring a Dish to Share
or Just Come for the Fellowship and Shares!

*Please arrive at 5 pm if you plan to be of service setting up
and/or plan to stay a bit later to help clean up!*

Contact Joan C. at 541-923-8199 or Barry J. 310-293-2954 for more info

Grapevine/La Vina



Carry The Message Project

The Carry The Message Project focuses on getting Grapevine and La Vina subscriptions to alcoholics in need.

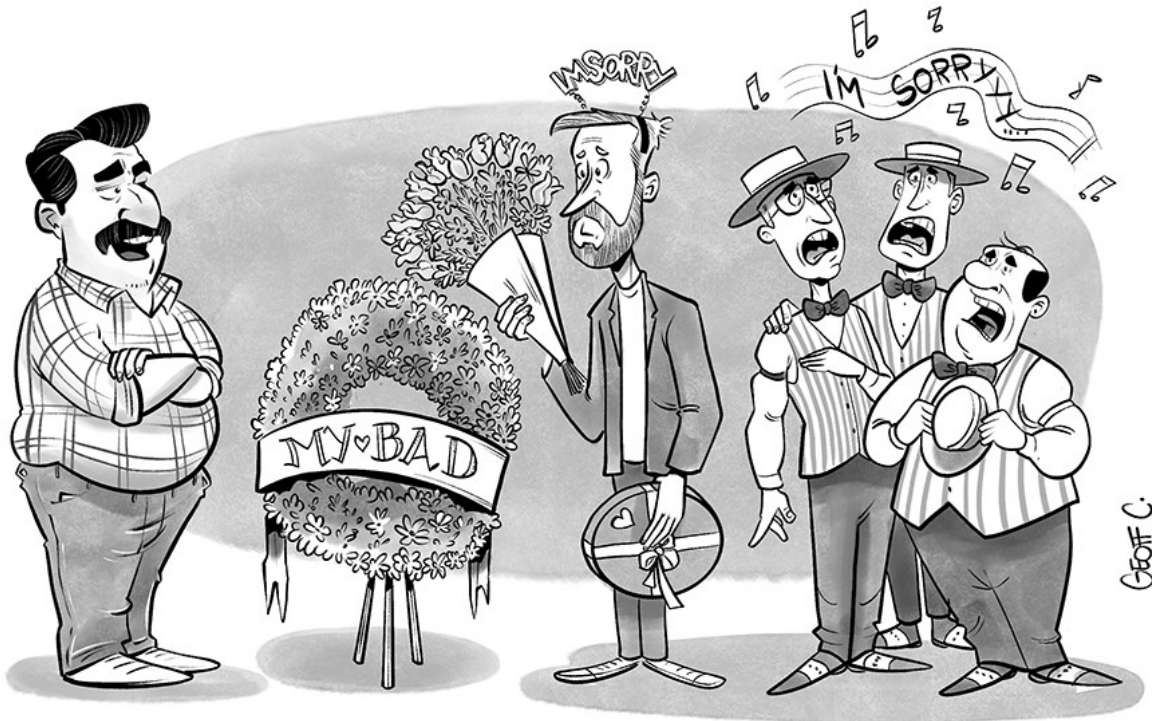
It's not necessary to know the recipient!

Sponsor a subscription for someone behind bars, in a treatment facility, nursing home, or homebound.

Give A Gift Today!

<https://www.aagrapevine.org/carry-the-message>

At Wit's End



“As your sponsor, I think we need to go over the concept of ‘Amends’ before you meet with her.” ~Geoff C.

District 5 is looking for a Literature Committee Chair!

Please look over the position and announce it to your Home Groups!

https://drive.google.com/file/d/1aPJ95T7r_cG09116fF5pXRU5ssenNMHp/view?usp=sharing

District 5 Alcoholics Anonymous
District5AA.Org



OUTREACH CHAIR POSITION

DO YOU ATTEND A LOT OF MEETINGS?
ARE YOU WILLING TO MAKE ANOUNCEMENTS?
DO YOU HAVE MORE THAN A YEAR SOBER?
WOULD YOU LIKE TO GET INTO GENERAL SERVICE?

**A.A.
NEEDS
YOU!**



For more information or to apply for this service position send an email to the DCM at:
dcm05@aa-oregon.org

**SUPER
EASY
AND FUN
POSITION!**



RECOVERY, UNITY
and SERVICE
in a time of

change

DISTRICT 5 - CENTRAL OREGON | MAY 2023 ASSEMBLY

**AA SERVICE ASSEMBLY
May 19-21, 2023 at the
Deschutes County Expo Center**

*"We daily
see such
members
render
prodigies
of service,
and receive
great joys
in return."*

-12&12, p.120

stepup

SERVICE OPPORTUNITIES

- Lead marathon meetings
- Hospitality room
- Greeters
- Entertainment
- Floaters



If you are interested in being of service, please contact:

LISA H., Volunteers Chair
TEXT: 541.788.2278
EMAIL: hartisa410@gmail.com

information:
<https://linktr.ee/Dist5>



District 5 Contact info:

DCM // Carrie B. // dcm@district5aa.org // (541) 788-7276
Alt DCM // Jamie S. // altdcm@district5aa.org // (971) 297-5419
D5 Secretary // Christine B. // districtsecretary@district5aa.org
D5 Treasurer // Will D. // dcm@district5aa.org

Access // Nancy B. // dcm@district5aa.org
Archives // Joe H. // archives@district5aa.org
Correctional Facilities // Walt W. // correctionalfacilities@district5aa.org
Literature // **Vacant** // literature@district5aa.org
Outreach // **Vacant** // outreach@district5aa.org
Grapevine // Jessie C. // grapevine@district5aa.org
CPC // Ron B. // cpc@district5aa.org
Public Information (PI) // Brian R. // pi@district5aa.org
Treatment Facilities (CTF) // Brian W. // ctf@district5aa.org
Website // John S. // webmaster@district5aa.org



Did you know you can listen to AA speakers on YouTube?!?!?

Here is the link to listen to Joe and Charlie talk about We Agnostics: <https://youtu.be/oGTDDao8Oko>

Hello Central Oregon Intergroup!

First off, We held the Big 12 Steps and 12 Traditions weekend Workshop this weekend. Over 600 in attendance and amazing feedback! Thank you to all who helped on the committee! If you were able to attend some but not all of this workshop and would like to listen to the recordings you will be able to download them for free at District5AA.org after next week. Enjoy!

PRAASA is coming up FAST! If you have never been to a PRAASA I highly encourage you to attend this! PRAASA stands for the Pacific Region Alcoholics Anonymous Service Assembly. This is like an Assembly but for the entire region. Instead of just Oregon, it consists of 14 areas! Please get those fliers out to your Group and invite as many people as you can! It is in Southern Calif this time and is always a GREAT event! Super Cheap flights! Your voices are important at this event, wanted, and needed! (Only \$250 round trip flights, so book now!) <https://praasa.org/>

Next up is the [Oregon Area Quarterly Assembly, March 31-April 2](#) being held at the Holiday Inn Portland Airport. If you haven't already done so, please be sure to register!!

Speaking of Assemblies, District 5 will be hosting the May assembly right here in Central Oregon! At the Redmond fairgrounds. Although we will now *not* be asking the groups for additional financial support, we will need lots of physical support in hosting this event here locally. Volunteers are needed! The more the better!

I want to thank the COIG newsletter for always including General service events I send into the beautiful newsletter that you put out!

District 5 would like to invite COIG to send in an intergroup report even if neither of the chairs are able to make it to the meeting. It will be included in the District minutes and published on the website.

For more information, or to request a workshop for your home group, presentation, or a group inventory visit **District5AA.org**

Yours in Fellowship & Service,
District 5 DCM <http://district5aa.org/>
Carrie B. 541-788-7276

https://docs.google.com/document/d/17NVZFZgrEJTPBNCtsJJCheOCSU0ZexVWYyy0E4kJ3_M/edit?usp=sharing

What's Happening Elsewhere?

SPONSORSHIP WORKSHOP

"CARRYING THE MESSAGE"



Hosted by District 16

Come learn about the importance of AA sponsorship. Panel presentations followed by Q&A session. All are welcome to attend. ASL interpretation provided 

Saturday, Feb 18, 2023, 3-4:30 PM
ZOOM - 456-010-1935
PASSWORD: 06101935

"When anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that, I am responsible."

WE ARE BUT TRUSTED SERVANTS

Oregon Area 58 Quarterly Assembly

MARCH 31ST - APRIL 2ND 2023
HOSTED BY DISTRICTS 23 AND 37

Holiday Inn Portland Airport
8439 Columbia Blvd,
Portland, OR 97220
(503) 249-8686
Block code: O58
Room rates: \$99.00



For voluntary contributions and paper registration, please make checks payable to:
February 2023 Assembly
PO Box 161
Tualatin, OR 97062

Mail in registration cut-off date: March 1st, 2023
Online registration cut-off date: March 24th, 2023

Questions?
Tim F. [Committee Chair] (503)840-7312
Area58MarchAssembly@gmail.com

PLEASE PRE-REGISTER

Name _____ E-mail _____

Address _____ City _____ State _____ ZIP _____

Phone _____ Name on Badge _____

Voluntary Contribution Amount: _____

- District #
- 1st Assembly
- GSR/Alt.
- GCM/Alt.
- AA
- Al-Anon
- Past Delegate
- Trustee
- Area Committee
- Accessibility Needs
- ASL Interpreter
- Hearing Impaired
- Wheel Chair
- Other



Pacific Northwest Conference

A.A.'S THREE LEGACIES
OUR COMMON SOLUTION

JUNE 23-25, 2023
PORTLAND, OREGON
HOLIDAY INN, PORTLAND AIRPORT
RESERVATION CODE: PNC2023

www.PNC1948.org

Save the Date!

PRAASA 2023



March 3-5,
2023

AREA 05 SOUTHERN
CALIFORNIA
Área 05 Sur de
California

Southern California Area 05
is hosting PRAASA 2023
(Pacific Region A.A. Service Assembly)
March 3 - 5, 2023
in
Los Angeles, California!

Stay tuned to PRAASA.ORG for further information!



March 2 - 5, 2023
 Best Western Agate Beach Inn
 Newport, Oregon
REGISTRATION OPENS DECEMBER 12th

“Celebrating 40 Years of Recovery”

Conference Events and Registration Information: REGISTER EARLY! Registration opens Monday, 12/12/22 at oregonw2w.com.

- 1) Onsite conference is \$120.00 and includes coffee, all meetings and workshops, Saturday night buffet, Sunday morning brunch, and commemorative items. The first 160 to register for onsite will receive a commemorative gift. Our hospitality room features healthy snacks and goodies. You must be registered to attend any functions. Registration does NOT include accommodations. See below for Best Western Agate Beach Inn conference rates.
- 2) ZOOM only registration is \$25 (please visit oregonw2w.com to register).

Meetings and Workshops: Meetings and workshops focus on the conference theme of “Celebrating 40 Years of Recovery”. They begin Thursday evening at 7:30 pm and continue throughout the conference. If you would like to lead a meeting, please indicate that when registering and provide your complete contact information.

Conference Apparel: A long sleeve sweatshirt can be purchased for \$22.00 when you either register for in person or zoom attendance on the website starting December 12th. **All orders must be placed at time of registration.**

Hospitality and Onsite Check-in: Hospitality and onsite check-in opens Thursday at 4:00 pm.

Table Reservations: Sign up in the hospitality room, 6th floor, Suite 614, to reserve seating for the Saturday evening banquet. Tables accommodate parties of eight. Seating is not reserved Sunday morning.

Scholarships: We have a limited number of work-exchange (2 hours) full scholarships available. This does not include transportation or accommodations. To see if a scholarship is available, contact Tana B. tanabrown1@gmail.com by email or phone (541) 206-9789 (please leave a detailed message including your phone number).

E-mail: oregonw2w@gmail.com - Website: Visit to register online - oregonw2w.com. To receive annual registration information by email, you are encouraged to add contact@oregonw2w.com to your contacts.

NO REFUNDS or discounts available at any time. You may transfer your registration by contacting the registrar, Tana B. tanabrown1@gmail.com by email or phone (541) 206-9789.

For accommodations, please CALL:

Best Western Agate Beach Inn
 3019 N. Coast Hwy. Newport, OR 97365
 (541) 265-9411

[MAP](#)

RATES PER NIGHT — Hillside Room (\$120.00) or Ocean View room (\$140.00). Reservations must be made BEFORE February 1, 2023 in order to get the conference rate and attendees must identify as participants in the W2W conference. Conference rate and pet rooms are limited.

Speakers:

- Thursday Kickoff Meeting 7:30 pm — Tricia S., Eugene, OR
- Friday Speaker Meeting: 7:30 pm — Stacey D., Eugene, OR
- Saturday mid-day speaker 1:30 pm — Tracey N., Eugene, OR
- Saturday Banquet Speaker Meeting: 6:30 pm — Chelsea T., Eugene, OR
- Sunday Brunch and Closing Speaker: 8:30 am — Juanita H., Portland, OR

32nd Annual

Nothin’ Sacred Men’s Retreat

March 9th 10th 11th & 12th

Fun & Fellowship in Sobriety

***** Limited Scholarships Available*****

For those with less than 6 months

Please Register Before Feb. 28th For Scholarship

**Meetings Fellowship and Friends
 Food, Fishing, Bowling, and Golf**

Registration:

\$30 if received on or before 2/28

\$40 if received after 2/28

Go to or click here: <https://nothin-sacred-mens-retreat.cheddarup.com>

Or scan



For Schedule of events or Questions? Contact us: prineville.nohinsacred.reg@gmail.com

Registration: John Y. 503-995-1429 arkansaw1@outlook.com

Scholarships: Reed L. 509-250-3546 rindhe92@gmail.com

Ride Coordinator: Marc B. 541-961-5379 ballz00435@gmail.com

Oregon Bid for WACYPAA

**Business Meeting
 February 12th @7pm
 2023**

Zoom ID: 548-800-3775
 Password: 031196

OregonBid4WACYPAA@gmail.com

**BENDYPAA ELECTIONS
 AND FELLOWSHIP**

FOOD-SPEED FELLOWSHIP-ELECTIONS

**MARCH 19TH AT
 NOON, FIRST
 PRESBYTERIAN CHURCH.
 230 NE 9TH ST, BEND
 OREGON 97701.**

**HOSTED
 BY: SORYPAA**



UNITY IN ACTION

HOSTED BY
ON AWAKENING ONLINE GROUP
SALEM, OREGON

A 12-WEEK
TRADITIONS
WORKSHOP

PRESENTED BY
DEE G
THE3LEGGROUP
SEBASTIAN, FL

2:30PM PT; 5:30PM ET;
4:30PM CT; 3:30PM MT; 8:30PM GMT

ID: 890 8856 8173
Passcode: 744711

SUNDAYS
FEB. 26 -
MAY 14, 2023

I am responsible...When anyone,
anywhere, reaches out for help, I
want the hand of A.A. always to be
there. And for that, I am responsible.



Dixie Winterfest 2023

February 24-26

Winterfest 2023 Theme: A New Way of Life*

* **From Daily Reflections—Those Who Still Suffer**
“The group exists so that the alcoholic can find a *new way of life*, a life abundant in happiness, joy and freedom”

- Guest speaker events will be held at the Red Lion Hotel & Conference Center ([MAP](#))
- Marathon Meetings, Workshops and fellowship activities will be based at the Red Lion
- Hotel rooms are available at the Red Lion for \$99 per night. Call [435-628-4235](tel:435-628-4235) and mention “Dixie Winterfest” for this rate.
- [CLICK HERE TO BUY TICKETS](#)

Dixie Winterfest is the annual AA conference hosted in St. George, Utah, offering a mid-winter weekend of recovery, fellowship and “Fun in the Sun”. This year is the 25th Anniversary of Dixie Winterfest. It is the yearly fund raising event to support the **Dixie Central Office**. The DCO provides support to those alcoholics needing assistance in recovery in the form of local AA Meetings information and coordination, both in print and on its [website](#). The office has a wide selection of literature, brochures, CDs and other items available.

<https://dixiewinterfest.org/tickets2023>

Area 1 Alabama/NWFL

AREA 1

LITERATURE COMMITTEE

Monthly Literature Workshops

January 31

Why Have a Literature Committee?

Presented by Patty H - Area 1 Literature Chair

February 28

How can GSO help you?

Presented by Marita R - Trustee-at-Large, US
Chair, Trustees' Literature Committee

March 28

Pamphlet Workshop: The AA Group Pamphlet

Presented by Carrie B - DCM, Area 58 District 5

ZOOM ID: 629 006 1411

PW: 1935

7:00 PM Central

5pm Pacific



INTERNATIONAL
WOMEN'S
CONFERENCE

Live Conference 2/16—2/19 Sold Out!
Register for the Virtual Conference at the link
below:

<https://internationalwomensconference.org/registration-form/>

Al Anon Events



The 2023 International Convention will be held on
June 29–July 3, 2023
At the Albuquerque Convention Center in Albuquerque, NM
Registration will open November 1, 2022
<https://al-anon.org/wso-events/2023-al-anon-international->

11th Annual OAC



Save The Dates
August 4th, 5th, 6th, 2023



Oregon
Alateen
Conference

To Be Held At:
Molalla Retreat Center
36208 S Molalla Forest Rd
Molalla, OR 97038

Contact:
OregonAlateenConference@gmail.com

NATIVE AMERICAN AL-ANON CONFERENCE

APRIL 28-30, 2023

SAVE THE DATE!



SHERATON PORTLAND AIRPORT HOTEL
8235 NORTHEAST AIRPORT WAY
PORTLAND, OR 97220

**ALL ARE INVITED: AL-ANON, ALATEEN, AND AA
MEMBERS ALIKE!**

LEARN HOW TO START AL-ANON/ALATEEN IN YOUR
COMMUNITY!
HELP FAMILIES IN RECOVERY!
NEW FRIENDS AND FELLOWSHIP!
HEAR PERSONAL STORIES OF FAMILY RECOVERY!

FOR MORE INFORMATION, PLEASE EMAIL
NATIVEAMERICANALANONCONF@GMAIL.COM



District 5 Annual Al Anon Spaghetti Feed...

50/50 Raffle and Desserts—CASH ONLY
PayPal and Venmo available for
admission at the door!

It's Back!!!

Better Late Than Never



"Keep Coming Back"

Please join D5 Al Anon for their amazing and only annual fundraiser...

The 2023 Spaghetti Feed and Speaker Meeting



Saturday, February 11th from 4:30—8 pm

Unitarian Universalist Fellowship

61980 Skyline Ranch Rd, Bend, OR 97703

Doors Open at 4:30 for Fellowship

Dinner and Fellowship from 5:30- 6:30

Basket Raffles and 50/50 Raffle Drawn at 6:15 pm

Alateen (Isabella O.), Al Anon (Pearl H.) and AA (Carlos W.) Speakers from 6:30 - 8:00

Adults—\$15 Couples—\$25

Families of 4 (2 adults, 2 children 5-12 yrs.) - \$30

Additional Children 5 -12 — \$5 ♦ Ages 4 and under — Free



Basket Raffle Tickets \$1 each or 6 for \$5, 50/50 Raffle Tickets \$1 each, Desserts 50¢ - \$1 each

Al Anon Spaghetti Feed 2023
Raffles
Speakers
Good Food
Great Fellowship
7th Tradition
Service
Recovery!



Please make checks payable to District 5 AFG—in memo: SF 2023 and mail to: District 5 AFG, P.O. Box 1165, Bend, OR 97709

AA Humor



AA Humor

After joining AA, I gained a bit of weight. A friend told me it was because I didn't get as much exercise as I used to.

"But I never exercised while I was drinking," I protested.

"Sure you did," he countered, "the exercise program you were on had a number of routines."

Hitting the bottle
Bending the rules
Stretching the truth
Running into trouble
Jumping to conclusions
Stepping on toes
Dodging responsibilities
Pushing your luck
Carrying a grudge
Throwing fits and
Picking up the pieces.

(Thanks to Molly C. via Tory H.)



Love and tolerance of others is our code

Into Action, p.84



Central Oregon Intergroup of AA
Coigaa

Central Oregon Intergroup Contacts

Chairperson	Frank W.	chairperson@coigaa.org
Vice Chair	Sally B.	vicechair@coigaa.org
Secretary	Amy P.	secretary@coigaa.org
Treasurer	Valorie	treasurer@coigaa.org
Newsletter	Alice S.	newsletter@coigaa.org
Schedules	Helen W.	schedule@coigaa.org
Hotline	Lauren S.	hotline@coigaa.org
Potluck	Alan S.	potluck@coigaa.org
Entertainment	John T.	entertainment@coigaa.org
Website	Marty D.	
Al-Anon Liaison		Christina L.
Advisory Board Committee	Barry J.	
Advisory Board Committee	Diane W.	
Advisory Board Committee	Lanelle D.	
Advisory Board Committee	Jane L.	

Intergroup Meetings take place the fourth Sunday of each month at 5:30 PM, except in Nov. and Dec. when they meet on the third Sunday. Held both live at TEC (Trinity Episcopal Church) and as a Hybrid Zoom Meeting as well.

469 NW Wall Street, Bend.

Observers are welcome to attend too!

Contact secretary@coigaa.org for log on information